

# The Athlete's Grocery List

These are not the only foods you can buy or eat. This list is intended to act as a **sample** grocery list only. If you are allergic or do not like a specific food on this list, please **do not** purchase or eat it. Individual needs will depend on personal goals.

## **CARBS (choose at least 3-4 options)**

*Tip: Look for whole grains!*

- Bread
- Bagels
- Pita Bread
- English muffins
- Tortillas/wraps
- Dry cereals  
(ex: Kashi, Special K, Cheerios, Wheaties)
  - First ingredient whole grain
  - >3g fiber per serving
  - <8g sugar per serving
- Oatmeal/Grits/Cream of Wheat
- Crackers/Pretzels  
(ex: Triscuits, Wheat Thins, Graham)
- Low-fat popcorn
- Potatoes (sweet, red, white, etc)
- Pasta
- Rice
- Couscous
- Quinoa
- Granola bars  
(ex: Kashi, Luna, LaraBar, Clif)
  - >5g protein per serving
  - >3g fiber per serving
  - <12g sugar per serving

## **DAIRY (choose at least 2-3 options)**

*Tip: Choose low-fat options!*

- Skim, 1% or 2% milk
- 1% Chocolate milk
- Yogurt/Greek yogurt
- Cottage cheese
- 2% or reduced-fat cheese  
(sliced, shredded, block, cheese sticks)

## **VEGETABLES (choose at least 2-3 options)**

*Tip: Try a new vegetable every week!*

- Any fresh veggies you like (broccoli, peas, romaine lettuce, baby carrots, etc)
- Frozen veggies
- Canned veggies/pickles
- Salsa

## **FRUITS (choose at least 2-3 options)**

*Tip: Try a new fruit every week!*

- Any fresh fruits you like  
(apples, bananas, oranges, grapes, pineapple, berries, melon, peaches, pears, etc)
- 100% fruit juice (if you are trying to gain)
- Frozen fruits
- Dried fruit
- Canned fruit
  - In its own or natural juices

## **Proteins (choose at least 3-4 options)**

*Tip: Choose lean cuts of meat!*

- Canned tuna or chicken (packed in water)
- Lean deli meat  
(chicken, turkey, roast beef, ham)
- Frozen chicken breast
- Ground beef or turkey (90-95% lean)
- Pork
- Lean beef cuts
- Turkey bacon/sausage
- Fish (not breaded)
- Shellfish (shrimp, crab, etc.)
- Tofu or other soy based foods
- Eggs
- Beans  
(baked, pinto, black, kidney, chickpeas, etc)

## **FATS AND MISCELLANEOUS (choose at least 2-3 options)**

- Olive oil or canola oil for cooking
- Butter
- Low-fat dressings/sauces
- Low-fat cream cheese
- Low-fat sour cream
- Nut butter (peanut, almond, etc)
- Nuts/seeds  
(almonds, walnuts, sunflower seeds, etc)
- Trail mix
- Jelly/jam
- Hummus/yogurt-based dip
- Garlic/fresh herbs/spices